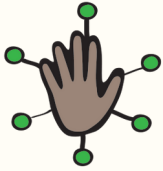


iBobbly

A SOCIAL AND EMOTIONAL WELLBEING APP FOR
ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES

HOW DOES IT WORK?



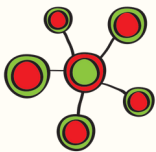
iBobbly is completely private and confidential and it's free! It helps by showing you ways to manage your thoughts and feelings, set goals and focus on what's important in your life.

WHO IS IT FOR?



If you have been feeling sad or down or having thoughts of hurting yourself, iBobbly can help.

HOW LONG DO I NEED TO USE IT FOR?



You can use it as much or as little as you like. Even a few minutes per day could help! We have found that people who use iBobbly feel much better.

DESIGNED BY MOB FOR MOB



iBobbly has been designed by, and for, Aboriginal and Torres Strait Islander Peoples using metaphors, images, videos and stories drawn by Aboriginal artists and performers.

iBobbly includes 4 main features:

1. **How do I feel** - walks you through a quick check in and gives you feedback on how you are going.
2. **Stuff I can use** - teaches you how to be aware of and manage troubling thoughts and feelings.
3. **How I'm gonna beat this** - helps you create your very own action plan for getting on top of your troubling thoughts and feelings and will help you monitor your progress.
4. **Help** - provides you with help and support options.

Get in touch with us!

We want to work with you to get it to the people who need it most. For more information visit <https://www.blackdoginstitute.org.au/> or email us at t.schafer@blackdog.org.au